

Blackberries

- Are native to Asia, Europe, North and South America
- A fruit that is made up of smaller fruits called 'drupe'
- Are dark purple in color with a smooth, fragile skin and white core
- Are red and hard when immature, but black and shiny when ripe



Blueberries

- Grown throughout the Mid-Atlantic region
- Substances called anthocyanins give blueberries their color and act as antioxidants
- Blueberries have more antioxidant power than almost any other fruit available!
- A single blueberry bush can produce as much as 6,000 berries a year!
- Blueberries are only 1 of 3 fruits native to North America along with cranberries and concord grapes
- Blueberries are great fresh, frozen, dried, in juice form, or in a smoothie



Boysenberries

- Are a hybrid of the blackberry, red raspberry, and loganberry
- Began in California in the 1930's
- Named after its discoverer, Ralph Boysen who began planting the trees, but ended up abandoning the crop. Soon after, the USDA paired up with Walter Knott (a berry expert) and found the trees. They were then transplanted to Knott's Farm where they flourish today.
- Boysenberries are almost primarily used in making jams



Gooseberries

- Derived from the European gooseberry and the American gooseberry
- Grow best in summer-humid, cool regions such as Northern California
- Contain many small seeds at their center
- Come in many colors including green, white, yellow, red, pink, purple, and black although green is the most common color
- Are perfectly round and about 1/2 inch across in size



Currants



- Name comes from its resemblance to the dried currants of Greece which are raisins made from small, seedless grapes
- Related to the Gooseberry, Currants also grow in summer-humid, cool regions
- Come in several colors that range from white, pink, red and even black
- Each contains anywhere from 3-12 very small, hard seeds
- The red variety is used for juice, jellies and purees while the white are best for fresh eating
- The black variety has a very distinctive aroma and is used solely for culinary purposes

Red Raspberries

- Are bright red in color
- Have a distinctive sweet and tart flavor
- Are at their best from mid-June to mid-September in Indiana
- Raspberry bush leaves have silver-white undersides and are used to make herbal teas
- Raspberry tea was once thought to help speed up childbirth
- Are great in jams, pies, as dessert toppings, or just by themselves!



Loganberries

- Originated in Santa Cruz, California in 1881
- Is a hybrid of the blackberry and raspberry
- Color is a deep, wine-red
- Has a very tart, flavorful, and somewhat acidic taste that makes it an unpopular fresh eating berry
- Are harvested between July and September
- Although some eat the berry fresh, it is most commonly consumed in the form of jellies, jams, pies, and even as a wine



Strawberries

- The origin of the strawberry is unclear, but one such guess is that long ago, children in London would string them on pieces of straw and sell them at market as "straws of berries"
- The average strawberry has 150-200 seeds on its surface
- Strawberries are grown on every continent except Antarctica
- One acre of strawberry plants can yield up to 20,000-30,000 pounds of strawberries in a single season!
- Indiana strawberries are best from mid-May to mid-July

